

VEGETABLE of the MONTH

Cooking for Kids

Pear Walnut Spinach Salad

Serves 4-6, Prep: 5 minutes

Substitute your favorite kind of cheese or toast the walnuts to add your own twist!

Ingredients:

2 ripe green pears, washed
4 heaping cups baby spinach
½ medium red onion
½ cup walnuts
½ cup crumbled goat cheese
~ ½ cup dressing of your choice

Directions:

1. Slice pears into bite-size pieces
2. Thinly slice red onions
3. Put pears, onions, spinach, walnuts, cheese, and dressing into a large bowl.
4. Gently toss until coated. Serve immediately.

Recipe by Emily Fitch and Megan DeVries, 2015.

Books

Grades K-2

Sylvia's Spinach by Katherine Pryor

Grades 2-5

The Gingerbread Museum of Candy, Omelets, Spinach, Ice, and Biscuits by Hermione Ma

The Incredible Edible Spinach



Just the Facts

→Cooking spinach increases its nutritional value.

→A vegetable that is darker in color is considered more nutritious.

→Spinach is an excellent source of vitamin A, C and folate!

→Spinach is a good source of fiber.

→Spinach is a cool season crop that grows especially well in Colorado

→There are three basic varieties of spinach:

- Flat or smooth leaf
- Savory
- Semi-savory

→Spinach consumption rose 30% in the 1930's thanks to Popeye.

Did You Know?

This month on the school menu you can enjoy SPINACH in various side salads, and every day on the salad bar!

- Spinach and strawberry salad



For more information, see:

- <http://leafy-greens.org/>



Created by: The EPS Food & Nutrition Department

Activity: Spinach

Can you spot the spinach?
Circle the pictures of spinach below!



Hint: There are four pictures of spinach. Good luck!